

WHAT'S

keeping staff informed & current

New year brings new challenges

January has been "moving month" for many HCA offices, as the Agency's Administrative and Financial areas relocate to new space at 405 W. 5th Street in Santa Ana. However, another major transition is taking place for Gina Van Quest, a Staff Analyst in Financial and Program Support Services, who has provided program and revenue support to Animal Care Services for much of her career with the Health Care Agency.

After receiving her Bachelor Degree in Health Sciences from Cal State San Bernardino, Gina worked in a number of health care related positions. She put her training in administration and planning to good use in public and private sector organizations specializing in emergency medical services and first came to work for the County of Orange in 1989. "Originally, when I came to work for the County, I hoped to work for the Health Care Agency. However, there were no openings at that time, so I accepted a position with the old Environmental Management Agency (EMA) and really liked it," Gina remembered. After 6 years with EMA, that momentous event that shaped the careers of many county employees, the County bankruptcy, occurred. "The Staff Analysts at EMA received letters informing us that layoffs were imminent and encouraging us to seek other opportunities." Gina did exactly that, interviewing with the Health Care Agency and accepting a position providing program support for Animal Care Services (ACS) and the Animal Shelter, which were under Public Health Services at the time.

Gina's career has taken several turns in the past six and a half years, but she has always maintained her association with ACS. In fact, it was ACS that nominated her for Gold Star recognition for her tireless work in support of ACS programs and operations. ACS representatives say Gina's many years of work to maintain ACS' complex cost-reporting system has earned her the respect of fiscal administrators from the 20 cities under contract with ACS. Last

Spring, Gina completed an extensive study of ACS fees, which was approved unanimously by the contract cities and was adopted by the Board of Supervisors, resulting in a significant increase in revenues to support ACS operations.

When Gina started with HCA, she didn't see ACS as her calling. "When I accepted the job over six years ago, I asked how long it would be before I could rotate to a regular Public Health support position. I found out there was not a rotation between programs but I also found out from working with ACS that I had one of the best programs. ACS is so interesting and I always come back from their staff meetings with interesting stories," stated Gina. Saying there's never a dull moment, Gina finds the challenges faced in making sure a program has the resources it needs to do its job very interesting. "Some people might not think it is very exciting, but I like being an analyst. I like working independently and I really

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Educational opportunity offered

If your New Year's Resolutions include going back to school or seeking an advanced degree, there's a terrific opportunity to help make your resolution a reality.

An information meeting on Cal State Fullerton's Masters of Science in Counseling program, offered in cooperation with the County of Orange Social Services Agency (SSA), is scheduled for Thursday, January 31 from 5:30-8:30 p.m. at the SSA Santa Ana Regional Center, 1928 S. Grand Ave. Cal State Fullerton representatives, including faculty members, will be on hand to answer your questions about the program, including admission requirements, coursework and scheduling. To make it even more inviting, pizza and refreshments will be served.

The highly successful educational partnership between SSA and Cal State Fullerton offers a concentration in Mar-

riage and Family Therapy, designed to prepare students to meet the California Board of Behavioral Sciences licensure requirements to become a Marriage and Family Therapist (MFT). Classes are held after traditional work hours at SSA's Santa Ana Regional Center, just 3 miles from the Civic Center. This convenient location and class schedule makes it possible to maintain your work schedule while avoiding typical on-campus problems like parking shortages and travel. To help with the cost of the program, the County's Educational and Professional Reimbursement Program provides up to \$2,000 a year for educational and professional expenditures.

To attend the meeting, RSVP by calling (714) 435-7376. The number of students accepted into the Masters program is limited, so why not take advantage of this great, no-obligation opportunity to learn more about the Masters program.

New Buckle-Up Law affects children and safety seats

Along with the arrival of the New Year comes a change in the Buckle-Up Safety Law. Beginning January 1, 2002, the new law requires that all children must ride in a child safety seat or booster seat **until 6 years of age or 60 pounds**. The height and weight requirements in the new law represent the minimum range for booster seat use. Based on their size, most children will need to ride in booster seats until they are 8 years old or 80 pounds.

Following the 5-step test below will help you determine if your child should be riding in a booster seat or child safety seat while in your vehicle. Begin by placing your child in the back of your vehicle where there are lap and shoulder belts and without any safety or booster seat. Once this is completed, ask yourself the following questions:

1. Does your child sit all the way back against the vehicle seat?
2. Do your child's knees bend comfortably at the edge of the seat?
3. Does the lap belt sit on the top part of your child's thighs?
4. Is the shoulder belt centered on your child's shoulder

and chest?

5. Can your child stay seated like this for the entire trip?

If you answered "No" to any of the above questions, your child needs to be placed in a booster seat in order to ride safely in the car.

Toddlers under 40 pounds should continue to use their child safety seat until they outgrow it. After outgrowing the safety seat, a booster seat should then be used in place of the safety seat to allow proper positioning of adult lap and shoulder belts on the child.

The law requires that all passengers ride buckled-up, and the vehicle's rear seat is the safest area for children under the age of 12. Remember, failure to comply with the new Buckle-Up Law is a ticketable offense. Ensuring that your child and other passengers are safely buckled in will help prevent you from getting a ticket, and most importantly will help prevent injury to you



and your passengers during an accident.

The Buckle-Up Orange County Program, part of Health Promotion's Chronic Disease & Injury Prevention Program, collaborates with agencies and community groups throughout the County to educate the public about the importance of properly using child safety restraints. The Buckle-Up Program provides technical assistance and support to organizations and coalitions that are working together to help protect child occupants. For any questions or further information, please call the Health Promotion Chronic Disease & Injury Prevention Program at 834-3059.

Gold Star

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like the people here at HCA. They have been great to work with."

Just as she is transitioning to a new office, Gina is transitioning to new job responsibilities, devoting more of her time to program support for Information Technology (IT). "I've definitely developed an attachment to ACS and I want to make sure that it continues to run smoothly. It's hard to let go but I think I will continue to be involved in the annual review of user fees. IT presents an entirely new set of challenges with major projects like the Enterprise system. IT is also very complex because the funding for IT projects is spread out throughout the Agency." No matter what the future holds, it's very likely that Gina's association with ACS will continue in some way, shape or form as she continues her career with HCA.

County initiates recognition programs

There are lots of ways to say "Thanks" for a job well done and two more possibilities have been added to the list with the debut of special recognition programs designed to benefit all County of Orange Agencies and Departments.

The new "Person to Person" program was rolled out in late December through a countywide distribution of "You Are A Star" recognition coasters and stickers. Person-To-Person provides each County employee with a tangible reward they can personalize and give to a co-worker or perhaps even some one from another department who has demonstrated their commitment and excellence on the job. Through Person-To-Person, you can present an award any-

where and at anytime to someone who makes a difference. County leaders hope the program will help create a culture of recognition that encourages employees to take the time to show their appreciation for the countless number of achievements that take place each day and might otherwise go unnoticed. If you need additional coasters, you can e-mail CEO/Employee.Relations@ocgov.com or call (714) 834-2857 to request more awards.

The next phase of the Employee Recognition Program is being rolled out during January to HCA supervisors and managers, who are attending training on the new "Spotlight Awards." HCA has chosen to participate in this new County program that allows supervisors and

managers to instantaneously reward employees who demonstrate excellence in specific situations. The Spotlight Award will consist of a coupon that can be presented to an employee and will provide a reward appropriate for the individual's work assignment. Supervisors and managers will be attending one-hour meetings to introduce them to the Spotlight Awards and will receive their initial supply of coupons at the completion of the orientation.

Through "Person-To-Person" and the "Spotlight Awards," the County of Orange is taking the next step to express its appreciation to the thousands of hard-working County staff members who deliver high quality services to our county's residents and visitors.

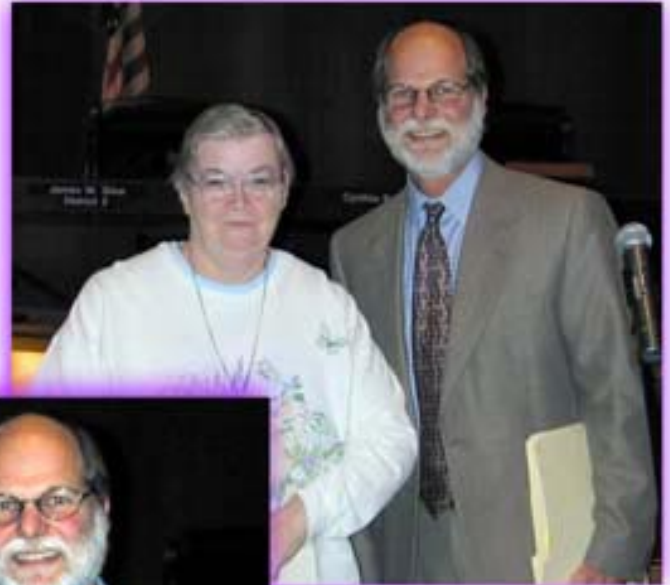
HCA staff members score big at Employee Recognition Awards

In honor and recognition of outstanding employee dedication and service, the Employee Recognition Awards ceremony was held on December 13th to acknowledge 194 employees for their years of service and dedication to HCA. Certificates of recognition and service pins were handed to the awardees by their program's Deputy Agency Director. County Executive Officer, Dr. Michael Schumacher, was also on hand to present a special recognition to Agency Director Julie Poulson for her 30 years of service. Along with the distribution of the service awards, several awards of excellence were also presented to the 2001 Orange County Fair Committee, Code of Conduct Development Committee, Legislative Action—AB 1154 Committee and Pio Pico Hosts Mentoring Program participants. A breakdown of the awards given is as follows:

5 Years of Service	24	10 Years of Service	41	15 Years of Service	12
20 Years of Service	12	25 Years of Service	9	30 Years of Service	3
Excellence Awards	93				



(Above) Linda DePriest, Supervising Public Health Nurse, receives her 5 year service award from Dr. Mark Horton, Deputy Agency Director/ Public Health Services.



(Above) Lillian Kirby accepts her 20 years of service certificate from Dr. Horton.



(Left) Dr. Horton awards Susan Huizar, Secretary I with her 15 years of service certificate.



(Right) Dr. Horton presents 10 year service awards to (alphabetically) Delia Aponte, Linda Booth, Geraldine Gesto, Carol Harrison, Amy Marrero, Josephine Mina, Sara Murrieta, Maria Navarette, Elizabeth Paz, Rosalinda Sanchez and Cecilia Zapanta.



(Above left) Sharon Modaff, Service Chief I, accepts her 30 years of service award from Doug Barton, Deputy Agency Director/ Behavioral Health Services.

(Above right) Mr. Barton presents 5 years of service awards to (alphabetically) Erlinda Doyo-Hou, Martha Medina-Davidson, Carole Mintzer, Alexis Moulton and Carolyn Newton.

(Left) Jenny Qian, Patricia Stancato and Huberto Mayo accept 10 year service awards from Mr. Barton.

(Below left) Accepting his 15 years of service award, Frank Miscione, Clinical Social Worker II, poses with Mr. Barton.



(Above) Mr. Barton presents 20 years of service certificates to Patricia Moulton and Margaret Brothers.

(Left) Joseph Onne and Judith McMillin accept their 25 year service awards from Mr. Barton.





(Above left) Agency Director Julie Poulson awards Staff Assistant Daryl Chamberlain with a certificate for her 20 years of service.

(Above right) Alice Manning, Senior Administrative Manager I, accepts her 25 years of service award from Mrs. Poulson.

(Left) Accepting 10 years of service certificates from Mrs. Poulson are Carol Hillstrom, Priscilla Harsh and Sarah Huynh.



(Above) Mike Spurgeon, Deputy Agency Director/Regulatory Health Services, presented Kristine Amundsen, David Guerrero, Paris Nace and Steven Sharp (listed alphabetically) with their 10 years of service certificates.

(Left) Mr. Spurgeon awarded 15 years of service certificates to Patricia Gentry and Randolph Dossett.





(Above) David Riley presents awards of excellence to the Code of Conduct Development Committee: Lisa Bauer, Ruth Zamora, Rita Rossow, Maria Macias, Yvonne Cervantes, Penny Weismuller, Margi Brothers, Nancy Redler, Lynne Lindberg, and Jayson Benbrook.

(Above right) Michael Schumacher, County Executive Officer, presents Agency Director Julie Poulson with her 30 years of service certificate.



(Above) Agency Director Julie Poulson presents awards of excellence to the 2001 Orange County Fair Committee (alphabetically): June Armstrong, Delia Baldi, Amy Dale, Kathy Francis, Alice Gonzales, Priscilla Harsh, Frank Hernandez, Jim Marquez, Juan Montes, Vera Nicholson, Joseph Vargas, Ken White and Jennifer Whittington.



(Above) Dr. Mark Horton, Deputy Agency Director/ Public Health Services presents excellence awards to Lou Scarpino, Amy Dale and Raul Sobero from the Legislative Action - AB 1154 Committee.



(Right) Herb Rosenzweig, Deputy Agency Director/ Medical & Institutional Health Services, presents 15 years of service awards to Eileen Endo, Peggy Curtius and Nancy Redler.

A leaner you in 2002

By Leigh-Anne Rice, MPH, RD, CLE, HCA Nutrition Services

**"Double, double please" ...
"Super size it!" ... "I'll take
the combo meal" ...** It's no

wonder that we are a society that is not only fat, but we are getting fat faster!

The portion sizes of food have been increasing about as fast as our waistlines. The prevalence of obesity has nearly doubled in the last 10 years! According to the Centers for Disease Control and

Prevention, obesity has skyrocketed from 12 to 20 percent since 1991. There are more people who are overweight than people who are of normal weight. Imagine that! It is "normal" to be overweight.

It's so easy for us to eat junk food! Our culture is inundated with misshapen body images that we are all trying to achieve, engrossed with increasingly popular accessibility to convenience food, and coupled with a severe lack of physical activity, all of which promote overeating and obesity. So what do you do to stay lean and stay healthy? Think small, and take your time!

GET FULL ON LESS FOOD!

As a child, how many times did your mother or father remind you to clean your plate? We are all programmed to eat! As a Registered Dietitian, I will let you in on a secret. *The most important concept of weight control is portion control.* In simplistic terms this means "do **not** clean your plate." Cut down on your serving sizes. The average meal served in a restaurant serves two to four people, not one. Your favorite appetizer could contain more calories than your meal. For example, an order

of fried calamari is about 1,000 calories, or more than one-half the amount of calories that you would need in one day if you consumed an 1,800-calorie diet. If you add the 800 calories from your entree of spaghetti with marinara sauce, you've reached the maximum amount of calories you

need for an entire day! To make matters worse, include your calories from breakfast, lunch, and other snacks during the day. Yikes!!! That's enough to tremendously increase your waistline. Instead, think small and cut your portions in half.

SLOW DOWN!

As the holidays come and go, enjoy the festivities with family and friends, but take your time eating. It takes about 20 minutes for your brain to signal you to stop eating. Most people can wolf down a fast food hamburger or taco in about 60 seconds. Which simply means that you will eat more before your brain tells you to stop eating, causing you to consume more calories than you really need! Take the time to enjoy your food, savor each bite, and apply the following solutions to a slimmer waistline:

- Only eat ½ of your appetizer and entrée;
- Do NOT clean your plate;
- Save the leftovers for lunch the next day;
- At your next meal, slow down and enjoy your food;
- Bulk up your diet with high fiber foods that take longer to consume, like a salad, whole grains, vegetables, or pasta.
- Share an entrée with a friend.

With these simple concepts in mind, 2002 can be a year to bring your weight under control and perhaps even lose a few pounds. Happy New Year!

FEBRUARY HEALTH OBSERVANCES

American Heart Month

National Children's Dental Health Month

Wise Health Consumer Month

National Burn Awareness Week February 3-9

Cardiac Rehabilitation Week February 3-9

National Child Passenger Safety
Awareness Week February 10-16

HCA's user friendly web addresses

One good thing leads to another. In this case, one good thing leads to another and another! Following on the great success of HCA's ocpetinfo.com Internet address, the Agency has registered new, easy to remember addresses for two other web pages.

Web surfers can now use www.ocbeachinfo.com to locate the latest information on ocean water quality, as well as www.ochealthinfo.com to reach the HCA homepage. The Agency's experience with ocpetinfo.com showed that the address was much easier to use and remember than the old HCA Internet address and contributed to the remarkable increase in visits to the Animal Care Services web site. HCA's Ocean Water Protection Program is already one of the most frequently visited pages, with beach lovers making use of the information on ocean and bay closings and postings.

HCA's presence on the Internet continues to grow, with more and more information available to the public about HCA programs and services. Now, HCA information will be even easier to locate with these simple yet catchy Internet addresses!

WE'RE ON-LINE!

You can check out the latest issues of the Health Care Agency's newsletters by using this URL:

<http://www.ochealthinfo.com/newslett.htm>

We will keep current issues on line for a year. Let us know how you like the convenience!

WHAT'S UP

keeping staff informed & current

WHAT'S UP is a newsletter for employees of the County of Orange, CA, Health Care Agency.

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HCA mentors honored

Nothing lights up a room like the smile of a child. That was certainly the case on December 6, when students from Pio Pico Elementary School in Santa Ana gathered in the Board of Supervisors' Hearing Room to honor dozens of county employees who serve as volunteer mentors at the nearby campus.

The reception was an especially proud occasion for the Health Care Agency, which received special recognition from Pio Pico Principal Judith Magsaysay for leading the county with our 53 mentors in the program.

The Pio Pico Hosts (**Help One Student To Succeed**) program provides mentors for about 200 students, with over

11,000 mentoring sessions recorded in the past year and a half. School officials say 80-90% of the students who participate in the program demonstrate an increase of two to three reading levels. Almost 450 adults have served as mentors at Pio Pico Elementary School since the program's inception, with about one-third continuing their commitment during the second year.

Mentors agree to volunteer one hour per week to read with a Pio Pico student. For most mentors, this means giving up one lunch hour to help a child improve their reading skills. However, school officials say the benefits go far beyond reading, as students improve their performance in many other areas. Three of the

Pio Pico students offered their testimonials at the December reception and a group of students offered thanks to their mentors through a musical performance.

If you would like to become a volunteer mentor at Pio Pico Elementary School or would like more information about the mentoring program, contact the County of Orange Volunteer Services at (714) 834-7440.



(Above) HCA Director Julie Poulson (center) and Social Services Agency Director Larry Leaman (left) receive top agency participation awards from County CEO Dr. Michael Schumacher.



(Left) HCA's Pio Pico Mentors include Amy Dale, Kathleen Doan, Yvonne Flynn, Andrea Glabb, Frank Gonzalez, Jim Hanger, Susan Huizar, Ti-An Huynh, Linda Keenan, David Kennedy, Lynne Lindberg, Angelo Lugo, Annette Malijen, Jim Marquez, Carole Mintzer, Dee Reynolds, Suzanne Stein, Sylvia Valles, Colleen Van Winkle, Barbara Voelkel, Kenneth White and Adrian Williams.

Orange County residents smoke less

Orange County is number one, at least when it comes to having the lowest adult smoking incidence among 99 metropolitan areas in the United States. The good news came from a study released in December by the Centers for Disease Control and Prevention (CDC).

The survey showed just 13% of Orange County adults smoke, while the area with the highest incidence rate was Toledo, Ohio with a rate of 31%. From all of the metropolitan areas surveyed, only three—Orange County, Salt Lake City - Ogden and San Diego, met the 2000 Healthy People goal of a 15% or less adult smoking prevalence rate.

Possible contributing factors to the low smoking rate include an increase in cigarette taxes, an ongoing anti-tobacco media campaign, effective local tobacco prevention and cessation programs and the strict enforcement of laws which restrict smoking in restaurants, bars and

other public places.

"Orange County residents' views on smoking have changed significantly over the past ten years," said Marilyn Pritchard, the Health Care Agency's Tobacco Prevention Program Director. "Most youth no longer consider smoking a 'cool' or adult behavior. Of those residents who still do smoke, more than 70% would like to quit. Also, those who do not smoke are more protective of their health and do not allow people to smoke around them."

The low smoking rate also reflects the healthy lifestyle that many O.C. residents are currently living. Lower smoking rates are associated with lower rates of heart disease, cancer and lung disorders. Because of the increasing difficulty smokers have in lighting up in public places and areas around Orange County, many are either smoking less or quitting altogether. "Orange County is a nonsmoker-friendly place," commented Dr. Mark Horton, Deputy Agency Director/

Public Health Services.

The report is based on a survey conducted by the CDC of 99 of the largest metropolitan areas in the nation. The survey randomly telephoned 300 or more Orange County adults and asked respondents whether they currently smoke cigarettes every day, some days or not at all and whether they had ever smoked 100 or more cigarettes in their lifetime. Those who reported having smoked 100 or more cigarettes and who answered 'yes' to smoking every day or some days, were labeled smokers.

To report a smoking complaint or for additional information, please call the Tobacco Use Prevention Program's (TUPP) office at (714)541-1444. The TUPP telephone line is available 24 hours a day for individuals to report any violations or complaints. For people interested in quitting, there is also the State of California Smoker's toll-free helpline at 1-800-NO-BUTTS.